

1981-06-04

## Journal Workshop Set at USD August 8-9

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### Digital USD Citation

Office of Public Information, "Journal Workshop Set at USD August 8-9" (1981). *News Releases*. 2639.  
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# NEWS RELEASE

# UNIVERSITY OF SAN DIEGO



OFFICE OF PUBLIC RELATIONS

DIRECTOR: SARA FINN

NEWS AND PUBLICATIONS WRITER: MICHAEL REYNOLDS

TELEPHONE: 714-291-6480 / EXT. 4296

ADDRESS: RM. 266 DE SALES HALL, ALCALA PARK, SAN DIEGO, CA 92110

FOR IMMEDIATE RELEASE

## JOURNAL WORKSHOP SET AT USD AUGUST 8-9

The structuring of a personal journal will be the topic of a workshop to be held in Camino Hall at the University of San Diego on August 8 and 9. Sessions will last from 9:30 a.m. to 4 p.m. on both days, with an August 8 evening session from 7 to 10 p.m. Pre-registration is requested. Tuition is \$40. For details, call USD's Office of Continuing Education at 293-4585.

The workshop director, Judith Ann Duffy, M.S., an educator, counselor, and director of teacher training, describes the journal as a "process which enables individuals to...progressively draw their lives into focus, in an unfolding perspective, achieved by the guided use of open-ended, self-integrating journal feedback techniques."

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6-4-81